

# how-to PARASITE DETOX

**The Root Of Many Health Issues:** Approximately 3.5 billion people worldwide suffer from parasitic infections, and sadly, most people who are infected by parasites don't even know! Highly contagious and easily spread through contact with skin, clothing, or food, parasites can be the root of myriad health issues.\*

Beneficial gut bacteria can be killed by parasitic infestations, which allows harmful yeasts like *Candida albicans* to thrive, further impairing gut health. Parasites also produce toxins that affect digestion and may lead to weight gain, bloating, diarrhea, constipation, or even intestinal blockages. As parasites multiply and grow, they steal vital nutrients from the body and disrupt the intestinal microbiome which may result in fatigue, brain fog, joint and muscle pain, unusual skin rashes, or overall weakness. Parasites that feed on red blood cells may cause anemia, which can also result in fatigue or weakness.\*

## Parasite Detox

Use the Parasite Detox if you frequently experience diarrhea or other digestive upsets, or if you have unexplained symptoms that seem to be gut-related. This is especially true if you've traveled internationally.\*

- Take Fulvic Acid & Purge Tonic internally 3x per day for 10 days.\*
- Apply HepaDetox & L-Stimulate topically 3x per day for 10 days.\*
- Drink at least 7 glasses of water per day.\*

Along with detoxing parasitic organisms, Purge Tonic, Fulvic Acid, and HepaDetox may improve digestion, increase energy and mental clarity, and support a healthy liver & immune system while L-Stimulate may improve lymphatic drainage to assist with removing toxins from your body.\*

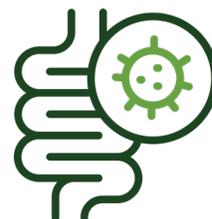
**Drink plenty of water throughout the protocol to assist with flushing toxins from your body. Water carries nutrients to our cells, aids digestion, flushes our bodies of toxic waste, and helps keep our kidneys healthy.\***



## Signs & Symptoms of Parasitic Infestation

If you suffer regularly from gas, bloating, constipation, diarrhea, nausea, or other digestive issues, skin rashes, anemia, or fatigue your body could be overwhelmed with deadly toxins and parasites. Common signs and symptoms of a parasitic infestation may include\*:

- Stomach cramps and pain\*
- Nausea or vomiting\*
- Dehydration\*
- Unexplained weight loss\*
- Swollen lymph nodes\*
- Constipation, diarrhea or persistent gas\*
- Skin issues such as rashes, eczema, hives, and itching\*
- Continuous muscle and joint pain\*
- Fatigue, even when you get enough sleep\*
- Depression or feelings of apathy\*
- Constant hunger, even after a big meal\*
- Iron deficiency/anemia\*
- Grinding your teeth during sleep\*
- Unexplained feelings of anxiety\*
- Recurrent yeast infections\*
- Itching of the anus or vagina\*
- Redness, irritation, or unusual discharge from the genital area\*
- Sleep disturbances\*



*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

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**Fuel Your Detox:** In addition to staying well hydrated during the Parasite Protocol, a sensible diet filled with nutrient-rich whole foods can support your body in removing unwanted parasites and toxins. Try to include foods known for their anti-parasitic effects and high levels of antioxidants.\*

## Anti-Parasite Foods

- **Garlic & Onions:** Both garlic and onions contain sulfur compounds and antioxidants shown by research to destroy pathogenic organisms and support a healthy immune system.\*
- **Herbs:** Certain herbs, like ginger and oregano, have good antibacterial and anti-parasitic effects because they help increase the production of stomach acid, which can kill parasites and may assist the body in preventing infections.\*
- **Pineapple & Papaya:** Both of these fruits contain compounds that may assist in reducing the production of pro-inflammatory cytokines that can lead to inflammation in the colon. The juice of these two fruits can also have anti-parasitic benefits.\*
- **Coconut Oil:** The medium chain triglycerides (MCTs) found in coconut oil help boost the immune system and its anti-parasitic, antifungal, and antimicrobial properties may help efficiently remove "invaders" from the body.\*
- **Probiotic-rich Foods:** Fermented foods like kefir, sauerkraut, and yogurt that contain probiotics may help keep parasites at bay and improve overall gut health.\*
- **Apple Cider Vinegar:** May improve digestion and restore a healthy pH balance in the gut.\*

## Foods To Avoid

- **Added Sugar:** Contributes to inflammation and may feed harmful organisms in the gut. Parasites eat glucose (sugar) so stay away from carbs like bread, pasta, rice, and sugary fruits.\*
- **Processed Foods:** Hard on the digestive system and mostly devoid of real nutritional value.\*
- **Alcohol:** May interfere with healthy immune system function and can lead to dehydration. Additionally, the liver breaks down most of the alcohol you drink so that it can be removed from the body, therefore consuming alcohol may further tax an already over-burdened liver.\*
- **Wheat:** Grains, especially those containing gluten, may lead to inflammation as they break down into sugar in the body. Since many parasites other unfriendly gut bugs (certain yeasts and bacteria) feed off sugar, consuming wheat or other grains containing gluten may prolong or exacerbate parasitic infestation.\*
- **Pork and/or Wild Game Meat:** Undercooked or raw pork may be contaminated, especially with Trichinella parasites. If you experience digestive problems or muscle pain and swelling after eating pork or wild-animal meat, talk to your health care provider.\*

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